

FAMILY STEPS

At Bethel Bible Village

Weekend Retreat Itinerary



Please read through this short guide before your retreat. It explains what to expect, what you need to bring with you, and the schedule for meals and activities.

Welcome to Bethel Bible Village!

We are so happy that you have decided to join us for a Family Steps Weekend Retreat. The goal of this weekend is to help your family understand the root cause of the struggles you face and to learn Christ-centered strategies to overcome them.

EMERGENCY RESCHEDULING — Due to high demand, please give **as much notice as possible** to cancel or reschedule a retreat.

If you cancel with less than two days notice, you will lose your \$100 deposit, unless it is a true emergency or sudden illness. If you need to reschedule your weekend, please call 423-842-5757 x245.

What To Expect on Your Retreat Weekend

FUN!

We want your family to enjoy this time together. There will be activities (weather permitting) that will give your family a chance to relax and laugh together.

GUIDED ACTIVITIES

The weekend schedule is posted on the next page. It's important that all family members attend and participate.

RESPECT

We will always show respect for your family and ask that your family be respectful of each other and the facilitators at all times.

WHAT TO BRING

You'll find a list of what to bring (and what to leave home) on the back page. **Please remember** we are a tobacco-free campus.

FINDING YOUR COTTAGE

Bethel is located at 3001 Hamill Rd., Hixson, TN. When you enter Bethel's campus, make the first right turn on to Yerbey Family Circle. Exchange Cottage is the second home on the right.

Weekend Schedule

Please Note: Bedtime for small children is completely up to the parent/guardian.

FRIDAY

6 PM

Check-in, Dinner and Orientation
Family Session 1

8 PM

Break
Breakout Activity 1
Family Activity

10 PM

Lights Out

SATURDAY

7:30 AM — NOON

Wake Up and Family Devotions
Breakfast
Family Session 2
Breakout 2
Family Activity

NOON – 5 PM

Lunch
Family Session 3
Family Activity

5 PM

Dinner Family Session 4
Family Activity

10 PM

Lights Out

SUNDAY

7:30 AM

Wake Up

8:00 AM

Family Session 5
Pack-up/Clean-up
Chapel Service

NOON

Checkout

What To Bring

- ___ Any medications you normally take. Prescription medications must be in pharmacy bottles with a valid prescription label. We'll give you a locker to store them in so there's no risk of children accessing them accidentally.
- ___ Personal toiletries such as shampoo, soap, etc.
- ___ Casual clothing. Weather permitting, there will be outdoor activities, so bring some spare clothes and jackets.
- ___ Pajamas for all family members and robes for adults
- ___ Water bottle
- ___ Walking/running shoes
- ___ House Shoes or slippers and flip-flops for the shower
- ___ A Bible (If you don't have one, we'll provide one for you.)
- ___ If you have small children, bring a few of their favorite non-electronic games, coloring books or activities
- ___ If you have older kids/teens, bring books they enjoy

Please do NOT bring:

Towels and sheets will be provided, so you do not need to bring any.

No Knives, weapons, sharp objects, alcohol, vapes, or illegal drugs.

Tobacco, lighters and matches are not permitted inside our cottages or on our grounds. If you have a special need or concern please call 423.485.3124.

Electronic games, tablets, etc. are not permitted because they distract from family time. Mobile phones may be used in bedrooms only, during times when there are no program activities in progress.

Please let your facilitator know of any special circumstances requiring phone calls.

Any **assistive technology** needed for disabilities is welcome.

